

Tips for better sleep



1 Determine whether you are a night owl (stay up late get up late) or a lark (go to bed early get up early) or you may be in between. Find what suits you. Find out how much sleep you actually need - we are all different.

A warm bedroom may impede sleep and cause more awakenings, so keep cool with light bedding, opening windows or using air conditioning.



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3 Always have a set sleep routine.

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4 Minimise your exposure to bright lights for at least 2 hours before bed.

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5 Relax and wind down for about an hour before bedtime.

6 Ensure your bedroom is dark, as the levels of the sleep hormone melatonin increase in your body when it is dark.

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7 Make your bedroom a place to only sleep and have sex, nothing else!



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8 Switch off all mobile signals and Wi-Fi in your bedroom, and keep mobiles, out of the bedroom.

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9 Avoid caffeine & nicotine for about 5 hours before you go to bed.



10 Physical activity in the day can help you to sleep at night, however avoid exercise after dinner as this may cause raised cortisol levels and prevent sleep.

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11 Drink plenty of water and herbal teas, even if you suffer from water retention.



12 Invest in a good pillow and mattress, as this helps the restorative process.

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13 Make it one of your goals to achieve good restorative sleep as often as possible



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14 Get plenty of time outdoors as natural light helps aid sleep